

# Learn to Swim

## Level 4

SYDNEY the DOLPHIN



### Course Curriculum

#### Exit Skills:

- Freestyle (50 yds, bent arm pull and does not cross midline, high elbows, legs straight on upbeat)
- Back stroke (50 yds, body inclined less than 25 degrees, body roll in shoulders and hips, knees straight on up beat)
- Breast stroke (arms and breathing, feet outside knees during power phase, ankles rotated out at the start of power phase, feet come together before starting next pull)
- Elementary back stroke (25 yds, arms do not pass shoulders, feet outside of knees during power phase, glide at end of stroke)
- Butterfly arms (intro for 15 yds, breathing to the front during pull)
- Sidestroke (arms bend with knees during recovery, top leg forward)
- Open turns using any two strokes (push off on side in streamline position 2 body lengths before the first stroke)

- Flip turn on front (intro, push off wall on the side and roll to front while streamlining)
- Tread water (3 minutes using two of the following: rotary kick, scissor kick, or modified breast stroke kick)
- Feet first surface dive and jump off bottom of 12 feet
- Dive into deep water (stride and standing)

#### Level Skills:

- Survival float for 2 minutes in deep water
- Under water swimming 20 yds, use alternate kick (NO flutter kick)
- Sculling on back (15 yds, NO kicking)
- Rescue breathing (demonstrate without contact)
- Cardio-Pulmonary Resuscitation (watch demo)
- Demonstrate throwing assists